



As mentioned previously, different foods, such as fruit, vegetables, meats, etc, have different temperaments. Accordingly, they have varying degrees of heat, cold, dryness and moisture.

Below is a list of various fruit, the period of the year in which they are generally found, and their temperaments. We will first mention the winter fruit, and then the summer fruit, and then the fruit that are not restricted to any period of the year.

### **Fruit of the Second/Third Quarter**

Orange (sour): cold and dry

Orange (sweet): cold and moist

Naartjie: cold and dry

Grape fruit: cold and dry

Guava (unripe): cold and dry

Guava (ripe): hot and moist

Kiwi fruit (ripe): hot and moist

### **Fruit of the Last/First Quarter**

Plum (sour): cold and dry.

Plum (sweet): Hot and moist

Cherries: cold and dry

Strawberry: cold and dry

Mango (unripe): cold and dry

Mango (ripe): hot and moist

Peach: hot and moist

Mulberry: hot and moist

Watermelon: cold and moist

Litchi: cold and moist

Apricot: cold and moist

Pomegranate: ranges from cold and moist to cold and dry

Fig: hot and moist

Prickly pear: hot and dry

### **Miscellaneous Fruit**

Grapes (ripe): hot and moist

Grapes (unripe): cold and dry

Sponspek: hot and moist

Apple (sour): cold and dry

Apple (sweet): hot and moist

Papaya (Paw-Paw): hot and moist

Lemon: cold and dry

Banana: hot and moist

Pears: hot and moist

Pineapple: cold and moist

Coconut: cold and moist

Insha -Allah, we will next discuss the various vegetables and their temperaments.

*Adapted and summarized from "Your Health" by Moulana Hakeem Jalil Muhammad Pandor (An Nasihah vol. 99)*